

Northwest Missourian

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MARYVILLE, MISSOURI

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MAINTENANCE MONEY



NATHAN SMITH PHOTOGRAPHER

City Manager Greg McDaniel chuckles at a comment by a community member next to Administrative Assistant Heather Griffith. Maryville was granted \$200,000 from the Missouri Department of Natural Resources that is going to be put toward the watershed.

KIERSTEN HELM
Missourian Reporter | @TheMissourian

Maryville receives grant for Mozingo treatment

Maryville City Council has agreed to contract with HDR Engineering Inc. for engineering services at Mozingo Lake. HDR will work to develop services for a Water Treatment Alternative Analysis and other improvements.

After applying for the grant in June, the city was awarded a \$200,000 grant Oct. 17 from the Missouri Department of Natural Resources. This grant will be directed towards the watershed. This grant will help cover the estimated \$334,250 project to develop the Quality Assurance Project Plan, purchase and install various pieces of sampling and monitoring equipment and develop a nine-element plan approved by the U.S. Environmental Protection Agency.

The monitoring equipment that will be purchased consists of two buoys that measure the lake temperature profiles over time. The samples will help track algae bloom levels to monitor taste and odor issues. In November of 2019, the city began to experience taste and odor issues which were combated by ap-

plying an algaecide in Mozingo Lake. While this does not have a direct impact on current taste and odor issues, it will minimize algae blooms in the future. These blooms have the potential to present cyanobacteria. Now there is a pilot water being built to help combat the water issue in Maryville. The data collected will in turn help build a long term watershed management plan.

"I think it shows that (Department of Natural Resources) and many of our state agencies are working towards helping us solve this long term project," Mayor Tye Parsons said.

There is a local match of \$134,250, and \$22,800 is identified as an in-kind administrative service. The remaining amount of \$111,450 will be left unbudgeted but City Manager Greg McDaniel said it was recommended to be an equal split between the Water Sewer Fund and Mozingo Recreation Fund.

There was a kick-off meeting that included city, state and federal officials to begin phase two of the South Main project. However, this meeting — talks of Phase 2 finally emerged.

SEE COUNCIL | A4

Regents approve renovations to McKemy Center

SIDNEY LOWRY
Managing Editor | @sidney_lowry

Northwest Board of Regents approved over \$1.9 million in funding for the renovation of the McKemy Center for Lifelong Learning to accommodate a new agribusiness program at its Oct. 21 meeting.

Parts of the renovation include transforming the existing classrooms into a welding simulation lab. On top of the welding, it will host a space for courses like precision measuring, electronics and electricity, mechatronics and personal protective equipment.

Provost Jamie Hooyman said the expansion of this facility is to accommodate the interest already seen in the program, but also to expand on the possibilities of what degrees or certificates students can obtain.

"What I was really proud to be bringing forward is this is a stackable program, so somebody can come in and get a certificate, build upon that and end up with their degree," Hooyman said.

This project funding in part comes from the Missouri MoExcels Workforce Initiative. This program is meant to assist with funding in developing facilities for training programs that relate to workforce needs. Northwest received \$763,211 from Missouri through the program.

The Regents approved the renovation of the McKemy Center and a contract with Herner Construction, Inc., for a total project cost not-to-exceed \$1,976,423 to accommodate the Systems Management for Manufacturing and Agribusiness Program.

The Regents also approved the annual Information Security Policy brought forward by Assistant Vice President of Information Technology Brennan Lehman and Assistant Vice President of Finance and Administration Stacy Carrick. From the Annual Cybersecurity Update, it was found that phishing is the No. 1 attack facing the University and that cyber insurance policies are becoming difficult to obtain.

SEE REGENTS | A4



MARYVILLE HIGH SCHOOL
HOME OF THE SPOOFHOUNDS
RENEE HASKEL PHOTOGRAPHER

Maryville High School is one of six schools in Maryville R-II School District. The Maryville R-II School District's number of substitutes has decreased from 70 substitute teachers in the 2021-2022 school year to 56 substitute teachers.

Maryville R-II talks substitute teacher shortage

JAKOB PRATER
News Editor | @JakobPrater

Missouri is still struggling with the ongoing teacher shortage caused by inadequate pay, and while this has a great effect on K-12 educators from schools of all sizes, the shortage has also taken a toll on substitute teachers.

Gov. Mike Parson signed Senate Bill 681 into law, loosening the requirements to be a certified substitute teacher. Individuals interested now only have to earn 36 semester hours at an accredited university. Prior to this, 60 semester hours were required. Another option

for becoming a substitute is to be a high school graduate and complete a 20-hour training program approved by the Missouri Department of Elementary and Secondary Education.

Logan Lightfoot, superintendent of the Maryville R-II School District, said that while its numbers for substitute teachers are down, it's not the worst.

"Compared to previous years, we're down. I would say probably everyone in our state is the same way," Lightfoot said. "We're not in crisis-mode at this point. We're at a level where it does hurt."

SEE TEACHER | A4

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Museum hosts Abbey history talk

ALYNA THIBAULT
Missourian Reporter I @TheMissourian

Southeast of Maryville sits an 81,700-square-foot structure built for the Swiss-American Congregation of the Benedictine Confederation. Conception Abbey is a Benedictine Monastery located in Conception, Missouri.

From 2-4 p.m. Oct. 23 at the Nodaway County Historical Society Museum, Brother Thomas Sullivan, professor emeritus of history and director of alumni relations from Conception Abbey, came to present a study about the Benedictine men and women who settled in Nodaway County in the 1880s.

Thomas's study talked about Nodaway County's census records of 48 men and women in Conception and six in Maryville in 1880 that came here from Switzerland. The Swiss government at this time was intolerant of religious orders, so the monks were requested to come to the United States to spread monastic life.

Sullivan went over how the monks were brought here, when the abbot of Engelberg was in need of a place of refuge in 1872. Bishop Hogan of the new Diocese of St. Joseph, Missouri, requested a monastery in his diocese.

Two monks traveled to Maryville, Brother Frowin Conrad and Adelhelm Odermatt. Frowin became a priest of the parish in Conception, and Odermatt became the priest of the parish house in Maryville. Two years later, a group of five sisters from Switzerland came to Maryville, but they lived in the parish house with Adelhelm instead of in Conception with Frowin.

"Frowin's real purpose of coming over was to establish a truly monastic community rooted in the best traditions of European benedictines," Sullivan said.

He then covered what they accomplished. The two priests from Maryville accomplished missions from Banard, Bolkow, Hopkins, Pickering and Rosendale, where they served 1,200 souls. Then by 1880, they made the monastery an official abbey.

"The fact that you have this monastery that then had this church that becomes an abbey,

that's something that's very significant and rare," President of the Historical Society Elyssa Ford said. "It's not just a church, an abbey is a different designation and is religiously important."

"The fact that you have this monastery that then had this church that becomes an abbey, that's something that's very significant and rare."

-ELYSSA FORD
PRESIDENT OF THE HISTORICAL SOCIETY

Ford said she brought Sullivan to talk to the community about his study. Ford said she became interested in the Clyde, Missouri, convent and wrote an article about its national award winning dairy cattle, which was published in the Missouri Historical Review.

"There is still a really significant Catholic population here, but a lot of the younger people may not know some of that history or how complicated it was for there to be Catholic schools, bringing over these Catholic priests," Ford said. "It was this effort from Europe to send people over to start these religious communities and work with the local Catholic population."

Northwest senior Jessica Davidson joined Ford in helping with Sullivan's study. Davidson said she knew little about the topics discussed coming into the study.



NATHAN SMITH PHOTOGRAPHER
A statue of a monk labeled "Franciscus" stands in front of the architect's model of the Mount Alverno Academy at the Nodaway County Historical Society Museum. The Mount Alverno Academy was closed in 1971 and was reopened as the Maryville Treatment Center in 1996.

"I found the immigration factors very interesting. A lot of times when you research immigration, there is always push factors from where people are coming from but also pull factors of why they came here," Davidson said. "A lot of times it's reasonable to be like 'why did these people in particular want to come to Maryville, Missouri?' But, when you dig down deeper into the religious reasons and the land based reasons, it makes a lot more sense."

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Drought in Missouri, Kansas affects northern farmers' crops

HANNAH CLAYWELL
News Reporter I @Hannah_9504

Kansas and Missouri are experiencing another severe drought. The drought has resulted in federal aid to help the farmers that are experiencing heavy losses with their land.

Many of the professors in the School of Agriculture Sciences have been following this drought, such as Bill Brooks, instructor of agriculture and assistant professor of agriculture Hua Bai.

"It is creating problems for producers of crops that their yield is not as large as it would

be underneath normal moisture conditions, and then for livestock producers, it limits the amount of forage that they can grow," Brooks said.

Droughts bring long-term and short-term effects. This drought will raise the prices of some of the crops, such as corn and soy, because of the reduced production. Another effect it could have is the loss of certain crops but the gain of resilient ones.

The government offers aid to help farmers recover from severe droughts. The government helps with the Disaster Assistance Programs, which include loans and other assistance, such as supplemental feed and cover the cost for losses.

"The government pays a lot of money to the farmers to try to let the farmer recover because they have crop failure, they cannot get the return from their crops," Bai said. "That's why the government pays a lot of cash to the farmers to let them recover for the next year."

The drought has just recently started to affect further northwest in Missouri. The drought affected about 46% of America by late September.

Brooks said that because of the lack of moisture in northwest Missouri, the drought has started to increase in the area within the last month. If the drought continues to get worse, there will be water restrictions and suggestions for people to follow.

"We're going to continue to be in that drought type condition for at least another few weeks and even longer than that just for the fact it's going to take a while for the soil to recharge itself with rainfall,"

Brooks said.

The major impact of the drought is on the crops and the rate of production. This year, many of the crops were harvested earlier than normal. The normal harvest dates are set to begin in September for Missouri and Kansas. In early September, 20% of the corn quality was rated poor.

20%

of the corn quality was rated poor by early September.

The solution to the drought would not be a lot of rain all at once, but smaller portions of rain throughout the seasons. One big rainstorm would cause a flood in the fields and further damage the crops. Bai said that this will cause standing water which will prevent oxygen from reaching the crops.

"I know countries view agriculture as important for us, for the world. It provides most of the food to the humans. With the population increasing, we need to make as much more food as possible," Bai said.

The drought is expected to continue to persist across the west. There is not much rain expected to fall in the coming months.

"We're typically going to receive three inches of moisture, then two inches in November and an inch and a half in December, so our opportunities typically would decline at this time anyways," Brooks said.

Local theater hosts auditions for play



NATHAN SMITH PHOTOGRAPHER

"Alibis" director Nina Dewhirst speaks with Julie Farnan, auditionee, about possible roles in the play. Dewhirst laughs when Farnan suggests she is put in the role with the least amount of lines, a nun who has taken a vow of silence. This is Farnan's first time auditioning for a play or any type of production like this.

KENNEDY KALVODA
News Reporter | @Kkalvoda1

Murder and comedy are two things that don't often go together, but The Rose Theater in Maryville hopes to combine the two in its upcoming play.

The Rose held auditions for the play it will be performing Dec. 1-4 entitled "Alibis." The auditions were held 2 p.m. Oct. 23 and 7 p.m. Oct. 24 at the theater.

The play follows renowned actress Primavera Donna, who invites guests to a party at her mansion in England and ends up dead, leaving the guests behind to find out who murdered her before they strike again.

Nina Dewhirst is one of the three directors at The Rose and will be directing this play. She said the play is a murder mystery and a comedy wrapped into one, and that was one of the biggest reasons why she decided to put on this play in particular.

"I wanted to find something that would be funny and that I thought would go over well," Dewhirst said. "I think Maryville does like murder-mysteries, and I know I love them. And it's just so darn funny. I think the people who try out and get parts will love being in it, and their friends will love seeing it."

Scott Lance has been a part of The Rose since 2003, serving as a director for fifth through eighth grade students and an actor. Lance said he was prompted to be a part of this play because he wanted to take a break from the director role and get back into acting.

"Local theater is important just to give people something to look forward to everyday," Hargrave said. "To try to break the monotony of everyday life, which is very pronounced in small towns like Maryville."

-BENJAMIN HARGRAVE
ACTOR

"It's definitely a different animal," Lance said. "Instead of doing every role and part as far as when you're a director, when you're an actor, you get to focus on one role and feed off the other actors."

Dewhirst said having a space for local theater like what The Rose does is important because of the impact it has on youth and adults who come to learn about the various aspects of theater and to develop and practice their acting skills.

"I think it means a lot to them," Dewhirst said. "It gives them a sense of accomplishment, and they also have so much more confidence in themselves."

The Rose has a unique history. The buildings it inhabits, 116 and 118 W. Third St., has been around since 1870 and was originally used as community space for various events.

The second story, which spans the length of 116 through 120 W. Third St., is called Union Hall. In 1880 it

was used as a makeshift courthouse for the murder trial of Albert and Charles Talbott, who were accused of killing their father, Dr. Perry Talbott. It was also the home of the Independent Order of Odd Fellows, which at its height consisted of 250 members, and it even hosted Susan B. Anthony in 1876.

Benjamin Hargrave, who has been participating in productions



NATHAN SMITH PHOTOGRAPHER
Sarah Ware and other auditionees watch and giggle as Denise Rowen improvises the death of one of the characters in the play "Alibis." This character was poisoned by a cup of hot cocoa by one of the suspected houseguests in this "Whodunnit" mystery production.

at The Rose since he was in middle school, said that local theater is important to have because it gives people an avenue to explore themselves and their creativity.

"Local theater is important just to give people something to look forward to everyday," Hargrave said. "To try to break the monotony of everyday life, which is very pronounced in small towns like Maryville."

Lance said that local theater

is an important thing for people to be a part of because it's a great way to not only be a part of the community, but to get to know other people who live in the community as well.

"It's the best way to stay involved in the community and the most fun way," Lance said. "Being connected to people on a different level and being able to break out of your shell and just have a lot of fun."

JESSICA PIPER

STATE REPRESENTATIVE

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GARAGE

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RENEE HASKELL PHOTOGRAPHER

Governmental Affairs committee member and Off-Campus Representative Sophia Sander speaks to Student Senate about the bylaw changes proposed at the Oct. 11 meeting. Student Senate voted on three bylaws changes, all three changes were passed.

Senate votes on representative bylaws

HANNAH CLAYWELL
News Reporter | @Hannah_9504

The Student Senate meeting Oct. 25 was filled with costumes to celebrate Halloween while it passed multiple bylaw changes and appropriated thousands of dollars to student organizations.

The representative bylaws that were discussed at the Oct. 11 meeting were voted on. Governmental Affairs committee member Sophia Sander explained the bylaws. Senate voted to remove the Student Multicultural Representative and the Student Media Representative. The current bylaws stated that there needed to be one of each of these representatives but offered no other information. Senate made this decision because it already has an Inclusion committee to be the multicultural representation.

"A Student Media Representative is supposed to be unbiased, so having them vote is against the rules, so it doesn't really work," Sander said.

It was also voted to have the treasurer take the place of the Organizational Finance Chair in case of a conflict of interest. The Senate will have further discussions and vote on changing the service hour regulations at a later meeting.

Civic Service Representative Carson Siebert

said Northwest donated 143 units of blood, which was double the units of blood than last year with the blood drive. The participants of the blood drive were entered into a raffle for a Kansas City Chiefs ticket or parking pass.

"Next semester's blood drive is already registered," Siebert said.

The Organization Finance committee announced that there were four organizations that requested an appropriation from the Student Senate: Women in Science, Student Veterans Association, Club Basketball and the Black Student Union.

The Women in Science organization requested \$350 for its Women's Day event. The money was to cover the catering and crafts at the event. The Senate voted to appropriate the money for Women in Science.

The Student Veterans Association requested \$250 for additional costs of the catering not covered by the donation made by the University Police Department. It was for the Home of the Brave event that was held Oct. 18. The event had many organizations discuss mental health. The Senate voted to appropriate the \$250.

Club Basketball requested \$1,000 to help pay for the new uniforms for the team. President Nick Bolton and club representative Gracie Brendle shared a presentation. The organization had already been approved for

money from the Student Recreation Center for \$2000. The Senate voted to appropriate the money to Club Basketball.

"I think that it was great to see how the Senate was able to surpass our needs and see that, even though we were asking for less than we really needed," Brendle said.

The Black Student Union is planning on hosting a bake sale to raise money for the organization and requested \$150.41 for the supplies. The Senate motions to raise this amount to \$200 dollars and appropriated that amount to the organization to cover any additional costs.

Sander was active in the discussions and asked several questions to clarify the organization's needs.

"They are very well deserving organizations, and I'm happy Senate can help them," Sander said.

At the beginning of the meeting, President Elizabeth Motazedzi swore in Sullivan Stane as an Associate member. Internal Relations also said there was a need for someone to fill the city liaison position to attend the Maryville city meetings.

At the next Student Senate meeting Nov. 1, the Senate will be discussing rollover money with Interim President Clarence Green and Assistant Vice President of Diversity and Inclusion Justin Mallett.

CRIME LOG

for the week of Oct. 27

Northwest Missouri State University Police Department

Oct. 22

There is a closed investigation for a fire alarm in Roberta Hall.

Oct. 21

There is a closed investigation for a fire alarm in Dieterich Hall.

Oct. 19

There is a closed investigation for a fire alarm in Perrin Hall.

There was an accident between Kayla Walser, 21, and Christopher Ruhnke, 20, in Parking Lot 38.

Oct. 18

Carter Kinslow, 19, was in an accident in Parking Lot 57.

Oct. 16

There is a closed investigation for a fire alarm in North Complex.

Maryville Department of Public Safety

Oct. 20

There was an accident between Dominick W. Wendte, 20, and Tryce O. Floyd, 19, on the 1700 block of South Main Street. Wendte was given a citation for careless and imprudent driving.

Oct. 19

There is an ongoing investigation for larceny on the 600 block of South Main Street.

There is an ongoing investigation for stealing on the 200 block of West 12th Street.

Oct. 16

There was an accident between Dustin T. Struedy, 38, and James E. Rucker, 66, on the 1700 block of South Main Street.

Oct. 15

A summons was issued to Anthony R.T. Ferguson, 20, for driving while suspended and excessive acceleration on the 800 block of North Walnut Street.

COUNCIL

CONTINUED FROM A1

With a new bid being required, McDanel said the city hopes by spring there will be a new contractor on board. He said the city is required to re-bid the contracts for Phase 2 for construction, administrators and inspection services.

As Phase 1 is now two-thirds of the way complete, it is on track to be finished in the spring. Over the next month, curb work is expected to be completed. This will help ease the concerns of snow plows and dangerous ditches as winter arises. There was also an increase of \$47,564 approved to fund Phase 1 of the project. There is \$394,576 remaining from the 2021 Certificates of Participation.

Earlier in the meeting, the Maryville Public Works Depart-

ment approved investment in a new dump truck and street sweeper. The city will be purchasing a used 2010 7400 WorkStar dump truck from T&T Motorsports for \$67,000 that went into use during the week of Oct. 10.

Public Works uses a variety of dump trucks for many reasons throughout the city, such as snow plowing, debris hauling and asphalt patching. Matt Smith, director of Public Works, spoke on its behalf at the meeting.

"During the Fiscal Year 2023 budget process, the street maintenance division of Public Works identified the replacement of a dump truck as a critical need," Smith said.

The City Council also approved a contract through Nodaway Valley Bank that will finance for a new 2021 Ravo 5I Series street sweeper from Red Equipment for \$255,000. Public Works currently has a 2002 street sweep-

er that was refurbished in 2013 which has now reached its useful life and is left inoperable.

"Our storm water is untreated when it goes down the drains and gets discharged into some sort of waterway, whether that be a creek or a river," Smith said.

This new street sweeper has an expected life of six to seven years before major maintenance is required. The financing will take place over four years, which has been figured into the FY '23 budget. Smith said this will make the roads safer and look better.

"Under those guidelines, which were regulated by the state and federal rules that we need to abide by and collecting roadway debris before it makes its way into the pipes, is one of the things we did as a good housekeeping measure," Smith said.

Public Works will also have a better opportunity to track work

without consultation of someone from the Northwest Leadership Team or the Assistant Vice President of Information Technology, it could cause an actionable defense.

The updates to the Information Security Policy was unanimously approved by the Regents

Regent Roxanna Swaney

stepped in for Regent Chair John Moore due to him being sick during the meeting and gave an update on the presidential search process.

Swaney said the presidential

search firm, Anthem Executive, is working with people interested in the position as well as searching for new applicants. The Presidential Search Committee will meet in December to look at applicants and plans to start interviewing candidates in January.

"We won't really start reviewing some of those candidates until the end of November or the beginning and throughout December," Swaney said. "So the intent, just to kind of remind everybody of the timeline, is to really start interviewing in Janu-

ary and then we'll see where we go from there."

Other Board of Regents Business:

Another one-year agreement was approved by Council members with Nodaway County Economic Development to act as liaison to local businesses on behalf of the city. It will be focused on business recruitment and retention.

City Council members approved of a contract with Premier Pyrotechnics up to \$40,000 for the Fourth of July Firework Display scheduled for July 1. There will be a gift of an increase of 15% in product because of the early order. The city is currently searching for entertainment and activity sponsors.

Hooyman recognized eight Northwest employees who received Academic Impact Awards as well as six recipients of the annual Faculty Excellence Awards.

Peter Adam, volunteer coordinator for Missouri Hope, announced there will be an event in the spring, "Atlantica," which will focus more on situations in third world countries.

REGENTS

CONTINUED FROM A1

This annual update to the policy came with new verbiage on how Northwest reserves the right to monitor, access, review, audit, copy, store or delete University-owned technology resources. The new wording comes with saying that if someone in Information Technology staff were to actively monitor individuals outside of performance related to their job,

it could cause an actionable defense.

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TEACHERS

CONTINUED FROM A1

"We want to make sure that whether we've got short-term or long-term absences with our regular staff, that we've got quality people to put in our classrooms, and that's harder to find over the past couple of years," Lightfoot said.

Nodaway County is all too familiar with the teacher shortage. Not only have two school districts switched to four-day weeks to keep and attract staff, the University has been affected as well, with student teachers filling in for substitute teach-

ers. The University also received a \$40,000 grant from the DESE to launch the Teacher Recruitment and Retention Program.

Lightfoot said the school district currently has a pool of 54 substitute teachers. For comparison, at the end of the 2021-2022 school year, the district had 70.

"Pre-pandemic, we were even higher than that," Lightfoot said.

Lightfoot said where substitute teachers are usually needed the most are in long-term positions, mainly being when a teacher is on maternity leave, where substitutes are usually hired for six to nine weeks. He said demand for substitutes ris-

es for high school in the spring when there are more events in the afternoon, such as baseball and track and field.

"When I say 'subs,' you're not going to necessarily need a full-day sub, but you need coverage from lunch to the end of the day," Lightfoot said. "So that's a pretty hard scramble in the spring."

Lightfoot said that one thing that helps Maryville R-II out in particular is its relationship with the University, and it can receive help from student teachers and education majors stepping in, which is not something a lot of school districts in northwest Missouri have the benefit of.

Lightfoot said to combat this, the Maryville R-II Board of Education raised the substitute pay 12 months ago, and it will remain competitive in the pay market in order to attract more teachers.

"Having a good relationship with the University certainly helps, being able to utilize our college students in a pinch, those kinds of things don't hurt us by any means," Lightfoot said. "Historically, Maryville has a solid pool [of substitutes] whether it be retired educators, whether it be those folks that have long-term subbed in our buildings and know our kids, that certainly does help."

Do not succumb to beauty standards



KENNEDY KALVODA
Columnist
@Kkalvoda1

There are a ton of unrealistic body expectations and beauty standards in our society. Women are expected to have big butts and boobs but be rail thin everywhere else. Men are expected to be at least 6 feet tall and ripped — and those are just the tip of the iceberg.

We are constantly being bombarded with Instagram “influencers” telling us about the hottest new trend to lose weight and advertising products, like flat tum-my teats that don’t even work.

Both of these things become more common around the holiday season. It’s the time of year where we’re harassed with weight loss ads, gym memberships at discounted rates and more. Don’t fall into their trap.

The diet industry in the United States knows exactly what it’s doing by targeting people after the holiday season. This industry makes around \$60 billion annually by preying on people who are insecure about their body image.

It’s a money making scheme that doesn’t do anything to help your nutrition, just lose weight fast. These crash diets and every other scam being advertised do far more harm than good a majority of the time.

I want you to keep these things in mind around the holidays. You don’t need to “earn” eating at holidays. You don’t need to starve yourself before to “save your calories.” You don’t need to make a New Year’s resolution to burn it all off. Don’t do that to yourself. Just eat the freaking pie at Thanksgiving and Christmas. It’s OK, I promise.

As the diet industry’s right hand man, social media has become a breeding ground for toxic mindsets in regards to our bodies. This has caused many adolescents and young adults around the globe to develop problems with their body image.

Much of what we see on social media is considered “the perfect life.” When our life doesn’t appear to measure up to other people’s, our self-confidence goes down. These societal expectations that are pushed on us can be devastating for our relationships with our bodies.

I don’t care what they think, and you shouldn’t either. You don’t need to look a certain way to be worthy of love. You don’t have to be a size 00 to be beautiful.

Embrace your freckles, scars, stretch marks and cellulite. We all deserve to live freely in our bodies. The more we embrace our bodies, the less power these standards hold over us.

I know it’s hard to tune it out, but you’ll feel so much better if you try. Put down the phone, temporarily delete Instagram and other social media if you have to. Your brain will thank you.

Your body does so much for you. Take some time and really think about how capable your body is. It gets you everywhere you need to go, it creates antibodies and white blood cells for you when you’re sick and so much more. Lastly, remember this. You are stronger than you know, and you are gorgeous exactly the way you are.

THE STROLLER: Your Bearcat doesn't have a holidate

The leaves are turning red and my reminder that “cuffing season” exists is coming in full swing. Not that my mom hasn’t reminded me all year, but at least I have mastered how to distract her from the conversation.

I had it hard enough watching two of my exes getting engaged. Now I have to be reminded that I am going to Thanksgiving and Christmas with nothing but a bottle

of wine.

Even my cousin — who we named the end of the family line — has informed us of his plus one. I, on the other hand, have been practicing my cough for when I pretend to have COVID-19 for the third year in a row.

I would argue that I am doing my family a favor, it is one less person that we have to feed. Giving one more college kid leftovers for the week

— not that we actually eat the dried out turkey and under-seasoned potatoes.

Even if I were to find someone to bring home for the holidays, I do not think that I could be so cruel to have the first time that they meet my family, including my extended family. The four of us are enough as it is — no need to add a dementia patient and a Republican to the mix.

I am aware that my years

are counting down, and I am getting closer to being lonely forever — at least that’s what my mom says. There will come a year that I have someone to bring home for the holidays, but for now, put me down as a maybe on attending and my plus one being some bottom shelf wine from a gas station.

The Stroller has been a tradition since 1918 and does not reflect the views of the Northwest Missourian.



ALEXANDRIA MESZ CARTOONIST

OUR VIEW:

Russo-Ukrainian war isn't over, it needs more attention

As a reminder, there’s still a war going on. An actual war, with front-lines, battles, death and destruction. The war in Ukraine is the most important event happening in the world right now, if not among the top three. This war will affect the world for years to come in ways that we don’t even know yet, and that’s assuming this conflict doesn’t escalate, which we all should hope it won’t.

News coverage of the war started off well, covering a good amount of news in the days before and after Feb. 24, when Russian troops invaded Ukraine. People watched, cared and were talking about it. But as always, more things in the world happen, and over time, national news shifted to other things. Some of them were important, such as the overturning of Roe v. Wade, the FBI searching Mar-a-Lago and the ongoing protests in Iran.

Naturally, these took up some minutes on the news, and that was fine, but what really took away attention from the war was the mindless news. Things that didn’t matter took up precious minutes on the news — taking away the focus of the war.

Why would anyone care about the Russian artillery raining hell on Ukrainian cities when they haven’t finished their Wordle today? The Rus-

sians launched an amphibious landing in southern Ukraine via the Black Sea, but have you seen this hilarious meme about the Depp-Heard trial? They’re killing women and children — we should be hearing more about this.

When was the last time you’ve seen news coverage about the war? It was probably a few months ago when the war began, and you might just assume it’s stuck in a standstill, but so much more has happened since then. The Russians went straight for Kyiv, the Ukrainian capital, when the war began, but they were unable to take it in an assault. After a month, Ukrainian soldiers successfully pushed the Russians back and defended the city. In September, the Ukrainians launched a counteroffensive, which is still ongoing and has seen them slowly take territory back.

Try to take this in for a minute. Whatever is going on in your life and where you live right now, good or bad, may make it easy to forget about something happening halfway across the world. But you shouldn’t. Try to stay up to date with this — wars can change on a daily basis.

This war could have international ramifications that we don’t even know about yet, and who knows how long it will go on? But more impor-

tantly, pay attention to this war because people are dying.

No matter the excuse or reasoning, we should all be paying attention to the war, not only for updates, but the lives at stake. Even if our local — or national — news sources are not covering the war, we should be actively searching for the information we need.

People’s homes are being bombed, thousands of men have been slain in battle for defending their homeland or acting as cannon fodder in Putin’s march of war. If not being killed, people are being tortured and forcibly moved into Russia.

This war has the potential to lead to a few things, expanding from an isolated conflict between two countries. It could get bigger, leading to larger mobilizations and more deaths. Ukraine could lose some or all of its independence, and the Russians could be setting the stage for crimes against humanity.

This is all important. It’s rough to watch and read about, but it’s something worth paying attention to. The war may not be on our homeland, but that doesn’t mean it doesn’t affect us. Use the resources available, even if that means simply typing Ukraine into Google — the war is not over.

YOUR VIEW:

“What’s the latest update you’ve heard about Ukraine?”

RAINA HENZE
Senior
Wildlife Ecology and Conservation



CAM RADFORD
Junior
Psychology

“I get a lot of my information on TikTok right now, but last I heard is that Ukraine had lowered the amount of Russian occupation happening in the country and that there has been UN support to get rations and things back out to Ukraine.”

“I haven’t heard a thing. I lowkey forgot about it. I haven’t heard anything on Instagram, social media, the news — none of that.”



CAMERON CLAY
Junior
Computer Science

“The only update I’ve heard is the bombing in Kyiv from Russia. I keep up to date with that kind of stuff because I like world politics, and I work in the Study Abroad office so it’s kind of important I’m up to date with the international news.”

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CONTACT US

Newsroom: (660) 562-1224
Advertising: (660) 562-1635

Circulation: (660) 562-1528
Fax: (660) 562-1521

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SPORTS FACTS

Northwest Soccer

- Sunday's match will be just the second time in program history the Bearcats host a playoff game.
- Defeated Washburn 5-0 in the 2021 MIAA Tournament.

Northwest Volleyball

- Last four games of the regular season are in Bearcat Arena.
- Three-game losing streak to Nebraska-Kearney.
- On a seven-game win streak.

Northwest Football

- 5-4 in Kearney, Nebraska.
- Allowing an average of 32.2 rushing yards per game.
- Scored 30 or more points in back-to-back games.

Maryville Volleyball

- Three players were given first-team All-District honors.
- Swept first two opponents in the Class 3 District 16 Tournament.

Maryville Boys Soccer

- Won the Midland Empire Conference two years in a row.
- 7-1 against conference opponents as of Oct. 26.
- 1-1 against Savannah in the 2022 regular season.

Conference title belongs to Maryville

MASON HYSKELL
Sports Reporter I @masonhyskell67

Maryville boys soccer won by mercy rule at halftime with a score of 8-0 against the Lafayette Fighting Irish Oct. 20, winning the Midland Empire Conference Championship for the second year in a row.

As the regular season nears its end and the postseason approaches for the Spoofhounds, coach Jesus Gonzalez said the team is not looking for change.

"We came out and played a very fast-paced game," Gonzalez said. "As the season moves on, we are not planning to change anything up from the regular season but will continue to focus on the small things."

The players came out striking early, as it took a mere five minutes for the Spoofhounds (11-4) to get their first lead of the game.

Gonzalez said the Spoofhounds all had one mission for Lafayette (2-15) — move the ball as fast and get the ball to the middle of the field.

Senior center fielder Quinn Pettlon said the Spoofhounds only had one major threat all game.

"Number 13 was very fast and agile and could move down the field and try to score, and as soon as the ball was kicked, he would play back and be ready to cover his zone," Pettlon said.

Pettlon said the Spoofhounds were able to evaluate and pick up on Lafayette's tactics quickly,

UP NEXT

MHS vs. Savannah
5 p.m. Nov. 1
Cameron, Missouri

and Lafayette wanted to come out and create space.

"As we moved the ball down the field into the right pockets, keeping the ball in our possession as long as we need to till we saw an open opportunity to score," Pettlon said.

The Spoofhounds won the MEC Championship two years in a row and have a win percentage of 73% this year. Freshman defender Tucker Wilmes said the Spoofhounds haven't changed anything since day one of this season — they have come out and proved that they are determined.

"We're making it a legacy for the younger players on the team to know what the standard is. We don't just play for ourselves — we are a family," Wilmes said.

The Spoofhounds head into districts next week against a rival that is just 28.4 miles south on Highway 71, Savannah (5-11). Savannah most recently lost 6-0 to Bishop LeBlond (12-3). This will be the third time the Spoofhounds and the Savages have played against each other this season.

The Savages lost by a large margin of 8-0 to the Spoofhounds Oct. 19. The second game



TYSON ELLIOTT PHOTOGRAPHER

Maryville boys soccer senior defender Gabriel Baldwin guards against a Fighting Irish player near the sideline of Bearcat Pitch during the Spoofhounds' 8-0 win over Lafayette-St. Joseph Oct. 20.

was a nail-biter, as the Savages narrowly won 2-1 Oct. 17.

The Spoofhounds' final game of the regular season against Benton (3-14) Oct. 26 will not be finished in time for publication.

Wilmes said as Maryville closes out the regular season and begins preparing for the postseason, the team will continue to focus on being a family and not just a team.

Junior goalkeeper Raegan Wells finished third in the conference with seven shutouts and Ellis, of course, finished in first place with 12.

Another key player for Washburn is sophomore forward Khloe Schuckman who is in the top ten in two categories in the conference. She is No. 5 in goals with eight and is No. 8 in game-winning goals with three.

The Bearcats' conference playoff game will be 1 p.m. Oct. 30 at Bearcat Pitch. The winner will go on to face Emporia State or Northeastern State Nov. 4 in the semifinals. The semifinals will be hosted by the highest-remaining seed after the first round.

HOMEFIELD CONTINUED FROM A8

"One of our goals at the beginning of the season was to host a playoff game and to accomplish that goal feels good," Aleixo said. "Our mindset and confidence is good going into this weekend, and we are ready to get back out on the pitch for a playoff game and get a win."

Both starting goalkeepers for each team finished the regular season in the MIAA top five in shutouts this season. Washburn's ju-

HOME COURT CONTINUED FROM A8

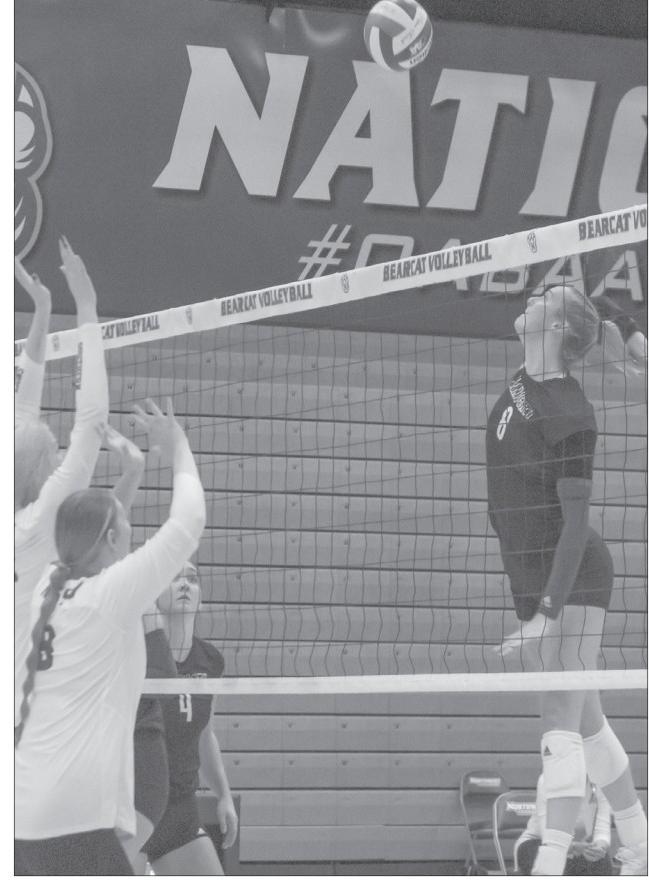
"We are excited and hungry for a win against Nebraska-Kearney this weekend," Kemp said. "Breaking the tie and taking over that first-place spot in the conference is our main goal. Having home court advantage for a game like this is exciting."

"This game will be a matter of who wants it more," Ford said. "As long as we are aggressive from the start and minimize their runs, I believe we can win. Both, us and UNK will bring our best to this game and will be a good one to watch."

Three days later the Bearcats will square off with No. 18 Central Oklahoma Nov. 2. The Bronchos are currently 12-4 — just one game out of first place in the MIAA.

Last season, Northwest swept the season series against Central Oklahoma for the first time in history. The last time the Bronchos played in Bearcat Arena Nov. 5, 2021, Central Oklahoma was swept by the Bearcats for the first time. This marked just the third win against the Bronchos ever for Northwest. The first match of the season between the two teams ended in a sweep over the Bearcats for Central Oklahoma Oct. 7.

"One of our team goals is to go undefeated at home," Ford said. "We know that's a big task, but it helps us push ourselves to be the best we can be while also being able to defend the paw. UCO is one of our last home games, and I know that all of us want to finish the season strong, so beating them would be a big win for us as we head into the postseason."



TYSON ELLIOT PHOTOGRAPHER
Northwest volleyball sophomore outside hitter Payton Kirchhoefer attempts the kill during the 3-1 win against Missouri Southern Oct. 21. Kirchhoefer is credited with 18 kills across the four sets played against the Lions.



DAKOTA WEAVER PHOTOGRAPHER
Sophomore wide receiver Jamar Simpson makes a 22-yard reception for Northwest football during the Bearcats' 36-3 win against Northeastern State Oct. 22. This was Simpson's first career catch as a Bearcat.



KEARNEY CONTINUED FROM A8

Playing in a homecoming matchup is nothing new for the two sides, as the 53-point win for Northwest a season ago was for the Bearcats' 2021 Homecoming. The Lopers will try to return the favor when Northwest comes to Kearney — a place Northwest is 5-4 at.

No matter the history between the teams, including the win last season, Hembrough said he's focused on himself and his team as they head into a hostile environment.

"I don't think about that at all," Hembrough said of previous matchups. "The past is the past. I do a pretty good job of keeping to myself. It's as simple as it sounds, just staying locked in and not listening to student sections or whatever it may be, chants or whatever. That's not going to do you any good, and all you need is to stay focused on your team."

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SOPHIE WILLIAMS COPY EDITOR

Maryville volleyball players and coach Bailey Cook meet on the sideline in Maryville High School between sets against East Atchison Oct. 17. Benton defeated the Spoofhounds 3-1 in the district championship.



SOPHIE WILLIAMS COPY EDITOR

Maryville volleyball senior setter Anastyn Pettlon sets the ball. Pettlon received first-team All-District for Missouri Class 3 District 8.

Maryville volleyball season concludes

TYLER PETERSEN
Missourian Reporter I @NWMSports

Maryville volleyball lost its final match of the season in the Class 3 District 16 Championship game to Midland Empire Conference foe Benton. The Spoofhounds (19-16-2) lost their final volleyball match of the season in a 3-1 defeat to the Benton Cardinals (24-9-1) Oct. 24.

The match was very tight, and Maryville lost the first two sets by a narrow margin of 25-23.

With Benton's 2-0 lead, the Spoofhounds needed to bounce back to keep their season alive. Maryville won the third set 25-14 but ultimately lost the final set 25-22 to end its volleyball campaign.

Coach Bailey Cook said it was a heart-breaking loss but also a successful season.

"Last year's season was kind of a rebuilding season coming into this year with so many young faces seeing play time last year," Cook said. "And then this year, still a lot of young faces, but half of those young faces had at least a year under their belt. They continued to grow, and I'm hoping they keep growing, but overall, yes, I view this year as a successful year."

The Spoofhounds seniors will be tough for this team to replace in following years with hitter Rylee Vierthaler, setter Anastyn Pettlon and libero Kennedy Kurz all departing from the program. All three were given first-team All-District honors. The team's kill leader and Maryville's record holder for career kills with 1,120, Vierthaler said despite not getting the result Maryville wanted, she couldn't have asked for more this season.

"I'm proud of our girls," Vierthaler said. "Even though we didn't get exactly what we wanted, which was a district title, we worked really hard throughout the season. We got better every game, every practice and we grew closer together, which, as for my senior season, I couldn't have asked for more."

From this year, the Spoofhounds will have to replace over 500 kills, 600 digs and 500 assists combined between the trio in the upcoming season. Despite the large losses, both offensively and defensively, Maryville will likely return multiple now-experienced players. The Spoofhounds have five underclassmen and two juniors who have played in over three quarters of the teams total sets this season.

Cook said she is already thinking about

the future and believes that the leadership of her seniors this year has set the team up for future success.

"I've already been thinking, I mean, sophomore Jalea Price is a very high runner to step in at libero and junior Bryna Grow got a lot of varsity setting time this year," Cook said. "Then I still have a lot of hitters competing for hitting spots, so that'll be nice to see to have a lot of hitters competing for spots just like this year. So, with all the young faces that I have, there's a lot of high-skill level there. They're just still young and have a lot to grow into."

The Spoofhounds finished the season with a final record of 19-16-2, an improvement from the year before when they finished 11-19 and lost in the second round of districts to Cameron Oct. 25, 2021.

Accrediting much to the help of varsity experience and with the team reaching the district final, Cook said she hopes it will motivate her players to make it even further next year.

"It's always gonna be a goal to make it to the district championships," Cook said. "We've done that two of the last four years. That's always going to be my goal."



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End of an era

Three Maryville volleyball seniors play last game in district tournament.
see A7

SPORTS

Oct. 27, 2022 | @NWMSports

Week off
For coverage on MHS football's plan for the bye week, see [nwmissourinews.com](#)

Rematches on horizon for Bearcat volleyball at home

RIVER BOYD
Sports Reporter I @RiverBoyd5

Northwest volleyball has hit its stride with a seven-match win streak dating back to the Bearcats' match against Newman Oct. 8 in Wichita, Kansas. During this stretch, the 'Cats have defeated two top-25 teams — then-No. 25 Central Missouri Oct. 11 and then-No. 10 Washburn Oct. 14 — in Bearcat Arena.

The 'Cats have won four matches at home and three on the road during this win streak. Northwest has a four-match homestand to end the regular season, including matches against No. 8 Nebraska-Kearney Oct. 29 and No. 18 Central Oklahoma Nov. 2.

Sophomore libero and defensive specialist Kristen Ford had 11 digs in a 3-0 win over Pittsburg State Oct. 22 — the Bearcats' most recent conference triumph. She said being able to finish up the regular season at home — where they are 6-0 at — is perfect.

"We love playing at home," Ford said. "It is truly an honor getting to show off our hard work to family and friends that come and support us. Playing in Bearcat Arena gives us that feeling of comfort and familiarity which allows us to play our best."

Multiple Bearcats were given MIAA Player of the Week honors. After a 3-0 week Oct. 18-22, the 'Cats swept the MIAA Player of the Week awards. Junior setter Alyssa Rezac snagged Setter of the Week for the second week in a row with 125 assists in the three matches. Thanks to 41 kills, sophomore outside hitter Payton Kirchhoefer earned Offensive Player of the Week. Junior right-side Jaden Ferguson was named the Defensive Player of the Week with 55 digs.

Northwest will have a chance to extend its win streak against Fort Hays State Oct. 28 in Bearcat Arena. The Bearcats have beaten the Tigers in the past twelve matchups, and the 'Cats are 24-3 against Fort Hays since Sept. 30, 2006.

"We must be consistent in doing our job and fulfilling the role the team needs us for," Kirchhoefer said.

Bearcat Arena might be covered in pink instead of green and white as the Bearcats will be having their annual Pink-Out match against No. 8 Nebraska-Kearney Oct. 29.

This match won't just have the possibility of shaking up the national top-25 rankings as the winner will have sole possession of first place in the MIAA.

The first matchup between the two squads this season went the way of the Lopers 3-0, Sept. 30 in Kearney, Nebraska. Northwest is 8-1 since that loss. In that match, sophomore middle hitter Avery Kemp led the Bearcats in blocks with five blocks in the match.

UP NEXT

NW vs. Fort Hays State
6 p.m. Oct. 28
Bearcat Arena

NW vs. Nebraska-Kearney
3 p.m. Oct. 29
Bearcat Arena

NW vs. Central Oklahoma
6 p.m. Nov. 2
Bearcat Arena

SEE HOMECOURT | A6

'DYNAMIC TEAM'



TYSON ELLIOT PHOTOGRAPHER

Northwest soccer sophomore forward Adell Gore gets ready to pass to a teammate in the 3-0 win against Missouri Southern Oct. 21. The Bearcats will host the Washburn Ichabods in the MIAA Tournament for the second consecutive season Oct. 30 at Bearcat Pitch.

Northwest soccer to host MIAA Tournament match

CRAIG McMULLEN
Missourian Reporter I @TheMissourian

Northwest soccer led 1-0 against conference foe Missouri Western Oct. 23 with 3:32 remaining in the match. With the clock ticking down, Griffons' senior forward Kaili Campbell made one last attempt to tie the game and send the conference clash into overtime.

She ran up to the ball, made contact with her right foot and sent the ball soaring through the air toward the north goal at Bearcat Pitch. Instead of landing in the back of the net like Campbell intended, the ball came to a stop in the gloved hands of Northwest redshirt freshman goalkeeper Lily Ellis to effectively end the play, the game and the regular season.

That save — and the six others she made over the course of the final weekend of the regular season — helped Ellis win MIAA Goalkeeper of the Week and finish the season with 12 shutouts, the most by any keeper this season in Division I and Division II.

The Bearcats finished the final week-

end of the regular season with two wins against Missouri Southern Oct. 21 and Missouri Western. As previously mentioned, the 'Cats defeated the Griffons 1-0 and beat the Lions 3-0.

Sophomore forward Adell Gore and sophomore midfielder Hannah Stirling scored two goals each during the weekend. Both of Stirling's goals were game winners and helped move her to third place in game-winning goals in the conference this season with four. Coach Marc Gordon said the team has been able to find a groove in recent matches.

"We have a dynamic team and a lot of players that can score, and it just seems to be their time right now," Gordon said.

The Bearcats (12-4-2) finished the season with the second-most wins in program history and have a seven-game win streak. The win streak started against Washburn (11-5-2) Oct. 2 in Topeka, Kansas, which will be the team the Bearcats face to start the conference playoffs. For this match, though, the Ichabods will come to Maryville.

UP NEXT

NW vs. Washburn
1 p.m. Oct. 30
Bearcat Pitch

"Getting those two results against Missouri Southern and Missouri Western is important as we embark on that next step," Gordon said. "The team is in a good place mentally and is excited as we get ready to start the next part of the season."

Northwest is locked in at No. 3 in the MIAA Women's Soccer Championship bracket and has received votes in the latest United Soccer Coaches Top 25 poll for the second time this season. As the No. 3 seed, the team will host its quarterfinals game against the Ichabods — only the second home playoff game in program history.

The Bearcats have won four straight games against Washburn, dating back to Oct. 4, 2019. Both teams also met in the first round of the MIAA playoffs in 2021 when Northwest shutout Washburn 5-0 at Bearcat Pitch Nov. 8, 2021. Senior midfielder Annelize Aleixo had an assist in that match and looks to make an impact in this year's MIAA playoff game with it being the final postseason of her collegiate career.

SEE HOMEFIELD | A6

Football embarks on trip to Nebraska

WESLEY MILLER
Sports Editor I @wesleymiller360

Homecoming is a thing of the past for Northwest football or, at least, its own Homecoming is.

The Bearcats cruised to their seventh straight Homecoming victory with a 36-3 win over Northeastern State Oct. 22. Now as the winners of two straight games, the 'Cats prepare for their Week 9 matchup as guests for another team's homecoming.

Northwest will hit the road and travel nearly 260 miles to play Nebraska-Kearney Oct. 29 in Kearney, Nebraska. Just as the RiverHawks attempted to do to the Bearcats, they will head into the game aiming to spoil the Lopers' homecoming. Northwest junior tight end Cole Hembrough said he looks forward to the game, but he's not putting too much focus on whose homecoming it is.

"I mean, truthfully, when it comes to me, I try to just keep to myself and do my job as best I can," Hembrough said. "So the fact that it's their homecoming doesn't mean a whole lot to me, but I know it's going to be intense."

The Lopers will try to fill the 5,250 seats inside Cope Stadium for the big event, but the game goes beyond homecoming for Kearney. Both teams own a 6-2 record and are currently tied for second place in the MIAA.

UP NEXT

NW vs. Nebraska-Kearney
2 p.m. Oct. 29
Kearney, Nebraska

With only three weeks left in the regular season and with both teams left out of the initial Super Region Three rankings Oct. 24, the two squads are still fighting for a playoff spot come mid-November. Coach Rich Wright said there's always excitement come this time of year, but it becomes especially true in the situation Northwest is in.

"Backs against the wall, you know, we got to keep winning if we want to have an opportunity to go to the national playoffs," Wright said. "So, it's just the next game on the schedule. I don't think you try and build it up too much."

In the next step at having a shot for the postseason, the Bearcats will have to go against one of top quarterbacks in the conference in 2022 Harlon Hill Trophy runner-up and second-team All-American redshirt senior T.J. Davis.

Davis is currently No. 1 in the MIAA in rushing yards per game (109.3) and total touchdowns (11). Between his passing and rushing touchdowns, the senior has 22 scores altogether. His contributions have helped pro-



DAKOTA WEAVER PHOTO EDITOR

During the Bearcats' 36-3 win against Northeastern State Oct. 22, Northwest football junior quarterback Mike Hohensee receives the snap. Hohensee threw for 220 passing yards and two touchdowns against the RiverHawks.

pel Kearney to the No. 2 scoring offense in the conference, averaging 34.4 points per game.

Saturday's matchup will be the third game Northwest will play a Kearney team featuring Davis. In his first two contests against the 'Cats, Davis combined for 389 total yards and four total touchdowns. Although, the most recent matchup — a 66-13 win for North-

west Oct. 30, 2021 — went better for the Bearcats compared to the first meeting, which ended in a 24-17 loss to the Lopers Oct. 19, 2019.

"So much of their offense runs through him and his ability to create and improvise," Wright said about Davis. "He's just a phenomenal athlete."

SEE KEARNEY | A6



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